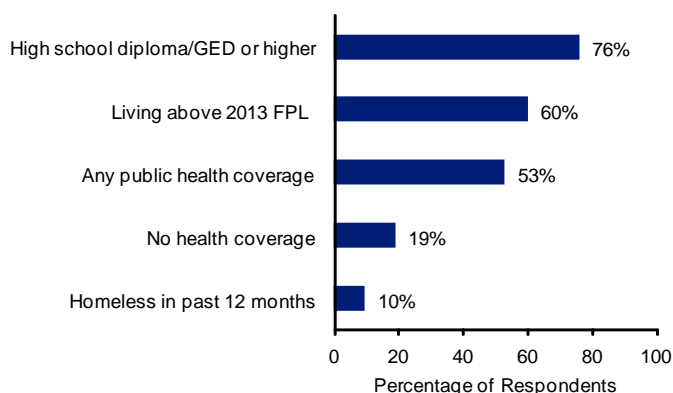


The **Virginia Medical Monitoring Project (MMP)** is an ongoing, supplemental surveillance system that assesses clinical and behavioral characteristics of HIV-infected adults receiving care in the United States. Each year, in collaboration with CDC, a randomized sample of 400 patients are selected from HIV care providers throughout Virginia to participate in the project. Structured interviews and medical record abstractions are conducted for each respondent. This fact sheet presents interview data from 2013.

## DEMOGRAPHICS

Data for two hundred seven respondents were included in analyses for the 2013 data collection cycle; and of these respondents, approximately 62% were male and 36% female. Five respondents (2%) self-identified as transgender. Most respondents were Black (60%), with smaller percentages for Whites (26%), Hispanics (10%) and respondents of another race/multi-racial (4%). Respondents' ages ranged from 22 to 69, with a mean of 47 years of age. Most respondents self-identified as heterosexual (58%), with 30% reporting sexual orientation as homosexual/gay/lesbian, and 11% bisexual. Respondents were likely to have completed high school or beyond (76%); and approximately 60% reported annual income that was above the 2013 federal poverty level (FPL).

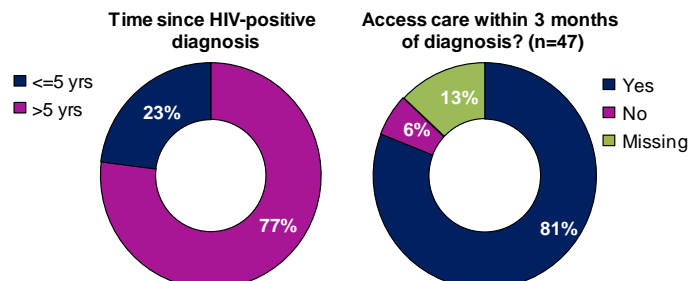
Figure 1. Selected Sociodemographic Indicators



## TIME SINCE HIV DIAGNOSIS AND LINKAGE TO CARE

Of the 207 respondents, 47 (23%) reported being diagnosed HIV-positive within 5 years of their MMP interview date. The majority, 160 respondents (77%) reported being diagnosed HIV-positive five or more years before the MMP interview date. Of the 47 respondents diagnosed within the past five years, 81% reported accessing HIV medical care within 3 months of diagnosis.

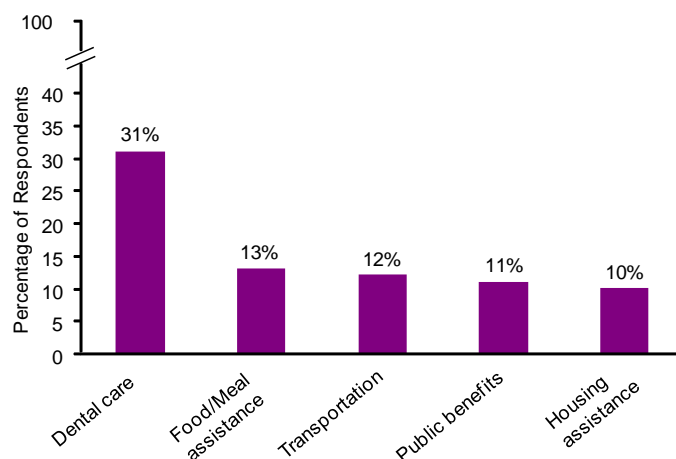
Figure 2. Linkage to Care



## MET AND UNMET NEED

Respondents reported receiving a range of ancillary services during the 12 months prior to the interview. Services used most frequently included HIV case management (52%), public benefits (52%; e.g., Supplemental Security Income, Social Security Disability Insurance), dental care (46%), the AIDS Drug Assistance Program (ADAP, 46%), and HIV/STD prevention counseling (44%). Dental care services were the greatest unmet need reported by respondents. The most frequently cited barrier for dental care was service cost/lack of insurance (13%).

Figure 3. Top Five Unmet Services Needs



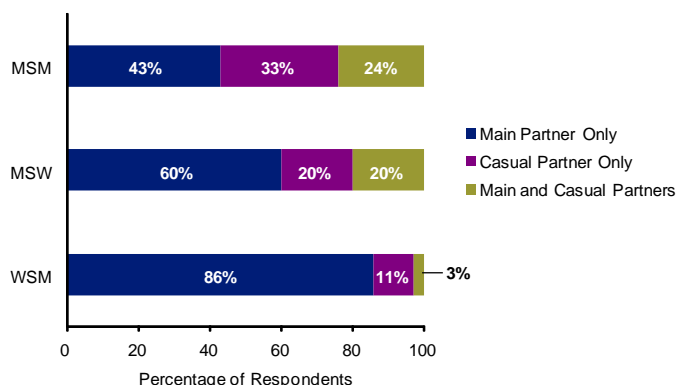
## ANTIRETROVIRAL TREATMENT AND ADHERENCE

Most respondents (98%) reported currently taking antiretroviral therapy (ART) medications. Eighty-seven percent of those on ART said that they adhered to their dosing schedule 100% of the time in the past three days. However, only 35% said they never skipped taking their medications, and 18% said they missed taking their medications within the past four weeks. The most commonly-cited reason for the last missed dose was forgetting to take medication (21%), followed by having a change in their daily routine (15%). Of those who had taken ART in the past 12 months, 38% said ADAP had paid for those medications. Private insurance was the second most common payment source (20%).

## SEXUAL BEHAVIORS

Fifty-six percent of all respondents reported having sex in the last 12 months (59% of males and 51% of females). Among male respondents, 38% reported having sex with other men (MSM), and 24% reported having sex with women (MSW). Among female respondents, 34% reported having sex with men (WSM). Median number of partners reported by MSW was greater than what was found with MSM and WSM (may be due to data outlier); and the range in the number of partners was different between MSW and MSM/WSM (MSM = 1-20, median = 1; MSW = 1-50, median = 2; WSM = 1-3, median = 1). Twenty-two percent of MSM reported engaging in unprotected sex in the past 12 months, compared to 21% of WSM and 8% of MSW.

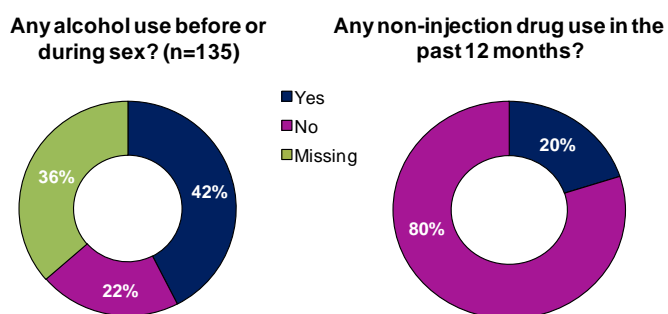
Figure 4. Sex Partner Type among Sexually Active



## SUBSTANCE USE

The percentage of current daily smokers for MMP participants was above the state average for all smokers in Virginia (32% vs. 19%)<sup>§</sup>. Forty-three percent of MMP respondents reported alcohol use in the past 30 days. In addition, 14% of MMP respondents reported binge level drinking on days that they drink (18% of males and 5% of females), as compared to 17% of all adult Virginians<sup>§</sup>. Interestingly, of the 135 respondents who reported drinking alcohol in the past 12 months, forty-two percent reported drinking alcohol before or during sexual behaviors. Twenty percent of MMP respondents reported using non-injection drugs during the past year. For those reporting non-injection drug use, marijuana was the most frequently reported drug used (76%). Less than 1% of respondents reported injection drug use (IDU).

Figure 5. Substance use among MMP participants



## PREVENTION ACTIVITIES IN PAST 12 MONTHS

Fifty-two percent (n= 107) of respondents reported receiving free condoms from someone other than a partner, friend or family member in the past 12 months. Of the 107 respondents, most (81%) received these free condoms from a doctor's office or other health clinic, while another 13% reported receiving free condoms from an HIV/AIDS focused community-based organization (CBO). In addition, 56% percent of respondents reported having an HIV or STD prevention conversation with a medical provider, prevention program worker, or within a structured group setting.

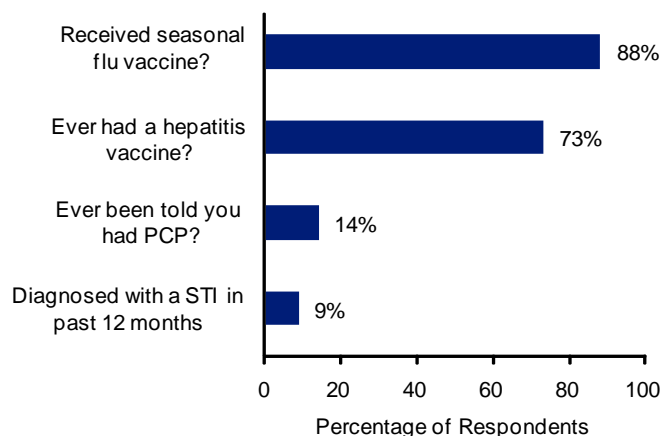
## DEPRESSION SYMPTOM SEVERITY

Thirty percent (n=61) of MMP respondents met the criteria threshold for depression symptoms at the time of the interview, according to their responses to the Patient Health Questionnaire 8 (PHQ-8). By gender, 25% of males and 38% of females met the criteria for depression symptoms. Rates of depression symptoms were highest for Whites (39%), with Hispanics (33%) and Blacks (25%) reporting lower proportions.

## HEALTH CONDITIONS AND PREVENTIVE THERAPY

While 18% of respondents reported that their first CD4 count was  $\geq 500$  cells/mm<sup>3</sup>, an additional 45% did not know their first CD4 result. Seventy-two percent of respondents reported that their most recent viral load (VL) measurement was undetectable. For CD4 and VL tests, respondents reported having between 0 and 12 (median = 4) of each test type in the past year. Seventy-three percent reported ever receiving a hepatitis vaccine, and 13% said they had received the human papillomavirus vaccine. Fourteen percent reported a *Pneumocystis pneumonia* (PCP) diagnosis, and 9% said they had been diagnosed with a sexually transmitted infection in the past 12 months. Eighty-eight percent received the seasonal flu vaccine.

Figure 6. Reported Health conditions and received vaccines



## REFERENCES

§ Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. MMWR 2013, 62 (1).